

small boxing handbook 6 by JJefArt

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Boxing gym opening times:

1 hour to 1 and a half hour

2 to 3 hours

3 to 6 hours

6 to 10 hours

Close and open:

Open 2 to 3 days a week

Open 5 days a week

Open 6 days a week

Closed during summer or closed half of summer time

Mostly youth gyms

Gyms where kids and adults train at the same time

Boxing bag exercise:

2 to 3 minutes doing combinations and singles on the boxing bag

As you have to last 3 minutes a round doing 3 minutes is a good idea

Another boxing style

boxer puncher

is a hybrid style used to describe fighters who possess

good all-around boxing/punching skills and capabilities

They possess the technical skill of an out-boxer and also

the devastating power of a slugger

Boxer-punchers usually do well against out-boxers

especially if they can match their speed and mobility

Rock, Paper, Scissors

There is a commonly accepted theory about the success each of these boxing styles has against the others.

The general rule is similar to the game Rock, Paper, scissors

each boxing style has advantages over one, but disadvantages against the other

A famous cliché amongst boxing fans and writers is styles make fights

Brawlers tend to overcome in-fighters, because the in-fighter likes to be on the inside, where the hard-hitting brawler is most effective

The in-fighter's flurries tend to be less effective than the power punches of the slugger, who quickly overwhelms his opponents

While the in-fighter could be considered a 'boxing bag' for the brawler, they tend to succeed against out-fighters

On the inside, the out-fighter loses a lot of his combat effectiveness,

because he cannot throw the hard punches. The in-fighter is generally successful in this case

The out-fighter tends to be most successful against the brawler,

whose slow speed (both hand and feet) and poor technique make them an easy target to hit

for the faster out-fighter. The out-fighter's main key is to stay alert, as the brawler only needs to land one good punch to finish the fight

Hybrid boxers tend to be the most successful in the ring, because they often have advantages against most opponents

Short:

- brawlers tend to succeed against infighters
- outfighters tend to succeed against brawlers
- Infighters tend to succeed against outfighters
- Hybrid boxing tends to be the most successful in the ring

Other guards

Crouch guard

Ideal for upstairs and downstairs punching

The cross guard

The arms cross each other

Tips on boxing a taller opponent

Try and let him come to you

Get inside use infighting

Use explosive in and out movements

Work off his jab

Learn to guard and evade the jab

More tips on fighting the charger and infighter

Keep moving keep circling

Don't fight his fight

Side movements and pivoting

If he gets inside shell up

The medicine ball

A weighted ball for exercises

You can also drop the ball on each others stomach

But be careful not to hurt each other too much

An example of a week workout schedule:

Monday

Boxing bag and mitts and maybe some light sparring

Tuesday

Running and plyometrics and some active stretching

And a little bit of shadow boxing

Wednesday

jump rope Sparring boxing bag and mitts

Thursday

Weight training

Friday

jump rope Sparring boxing bag and mitts

Saturday

Some light shadow boxing
Sunday
Rest

More on boxing gloves
The old boxing gloves with rope closure
New, normal boxing gloves with velcro closure

In matches most of the times tape is put on the closing part